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With 1,400 businesses, we invite you to #finditdowntown!

If it's the perfect gift that you're searching for, you'll find unique and local gifts and experiences for everyone on your list in the shops and services downtown, all in this handy gift Guide. We love searching through The Forks, Graham Avenue Mall and Best of Friends Gift Shop at Millennium Library for the gifts that we know our friends, family, and even our boss, will love. The gift shop at the Canadian Museum for Human Rights offers special and thoughtful gifts, and all of the downtown local businesses top our list for creative gift giving.

When you're looking to maximize your lunch break, utilize the skywalks to stay warm and cosy. Portage Place Shopping Centre, Cityplace and Winnipeg Square offer you the selection and comfort for every-day and your gift-giving needs.

This year, give the gift of food and drink. When you want a night off from cooking for the family or searching for a place to take out your entire team, there are more than 100 restaurants for your every culinary desire. Gift cards from these restaurants will also top everyone's wish list this year.

We'll keep you entertained day and night. Concerts, sporting events, theatre and dance are not only a great gift to give to others, but a perfect gift to give yourself as well.

You're invited to bring the whole family down to the RBC Convention Centre on December 20 for two free holiday movies. Follow



the Downtown Winnipeg BIZ on Facebook as we'll be polling you for feedback on the movies we'll showcase, just in time for Christmas!

Mark your calendar for two special Christmas Farmers' Markets, where more than 50 vendors gather with gifts, produce, baking and more. The beautiful Manitoba Hydro Place sparkles for the season with a canopy of

lights, setting the stage for the Markets that take place on Thursdays, December 1 and 15 from 10 a.m. to 3 p.m.

The holidays are here and it's one of our favourite times of the year. The entire team at the Downtown Winnipeg BIZ look forward to seeing you this holiday season and we wish you and your family the very best for 2017.

With 1,400 businesses including tasty restaurants, cosy cafes and a unique selection of shops featuring local products, you can #FindItDowntown. The Downtown Winnipeg BIZ is your guide to all things downtown. Check us out at downtownwinnipegbiz.com for information on how to get around, what hot events are upcoming and why downtown Winnipeg is a great place to live, work and play.



Winter in Winnipeg

From holiday bazaars to family movie nights, the city is packed with festive (and meditative) events.

Prairie Yogi Holiday House Party at Atrium – The Forks Wednesday, Nov 30, 7 p.m. – 9 p.m.

Find your inner calm during the holidays with a 75-minute all-levels yoga class led by Prairie Yogi's Rachelle Taylor with beats by DJ K Chedda. Bring a non-perishable food item or unwrapped gift for the Christmas Cheer Board and be entered to win an



all-inclusive ticket to Snowflake winter wellness festival. theforks.com/events/calendar-of-events/display/event/2303/prairie-yogi-holiday-house-party

Nutcracker at Centennial Concert Hall Dec 22 to Dec 30

Royal Winnipeg Ballet's Nutcracker has become a treasured holiday tradition for many. The snowy pond hockey game, the battle on Parliament Hill, the Mounties – these are a few features of Nutcracker that has become endearing to many



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audiences. This year, more animal characters are being introduced that will add even more magic and excitement. rwb.org/whats-on/show/nutcracker

Forks Market Holiday Bazaar at the Forks Market Thursday, Dec 1, 5 p.m. – 9 p.m.

Shop your favourite finds from our Holiday Gift Guide, and find something for everyone on your list. With additional pop-up shops from local crafters and artisans, live music, and wine and beer available from The Common – the Holiday Bazaar is sure to be a one-of-a-kind shopping experience. theforks.com/events/calendar-of-events/display/event/2297/forks-market-holiday-bazaar

E.T. – the Extra-Terrestrial, Film with Orchestra at Centennial Concert Hall Dec 11, 2 p.m. and 7 p.m.

Experience the Steven Spielberg classic family fantasy on the big screen with the Winnipeg Symphony Orchestra performing the music score live at the Centennial Concert Hall. wso.ca/et/

The JP Hoe Hoe Hoe Holiday Show at Burton Cummings Theatre Friday, Dec 16, 8 p.m. – 10 p.m.

Take in a night of local talent, campy decorations and timeless moments from pop culture and musical favourites to celebrate the holiday season. jphoe.com/tour-date

Winter Movie Night at the RBC Convention Centre, Tuesday, Dec 20

The Downtown BIZ invites you to gather the

family for the Winter Movie Night at the RBC Convention Centre; a double feature of holiday classics and family favourites. There's fun activities for the whole family before the movies start. More details at downtownwinnipegbiz.com coming soon!

Winter's Eve – A New Year's Celebration at the RBC Convention Centre Dec 31, 6 p.m. – 2 a.m.

Enjoy an elegant winter's evening in the warmth of the RBC Convention Centre as we celebrate New Year's Eve together. Raise a glass of bubbly and cap off the evening with the Ron Paley 21 Piece Band who will countdown to midnight and keep the place jumping until 2 a.m. wcc.mb.ca/nye2016



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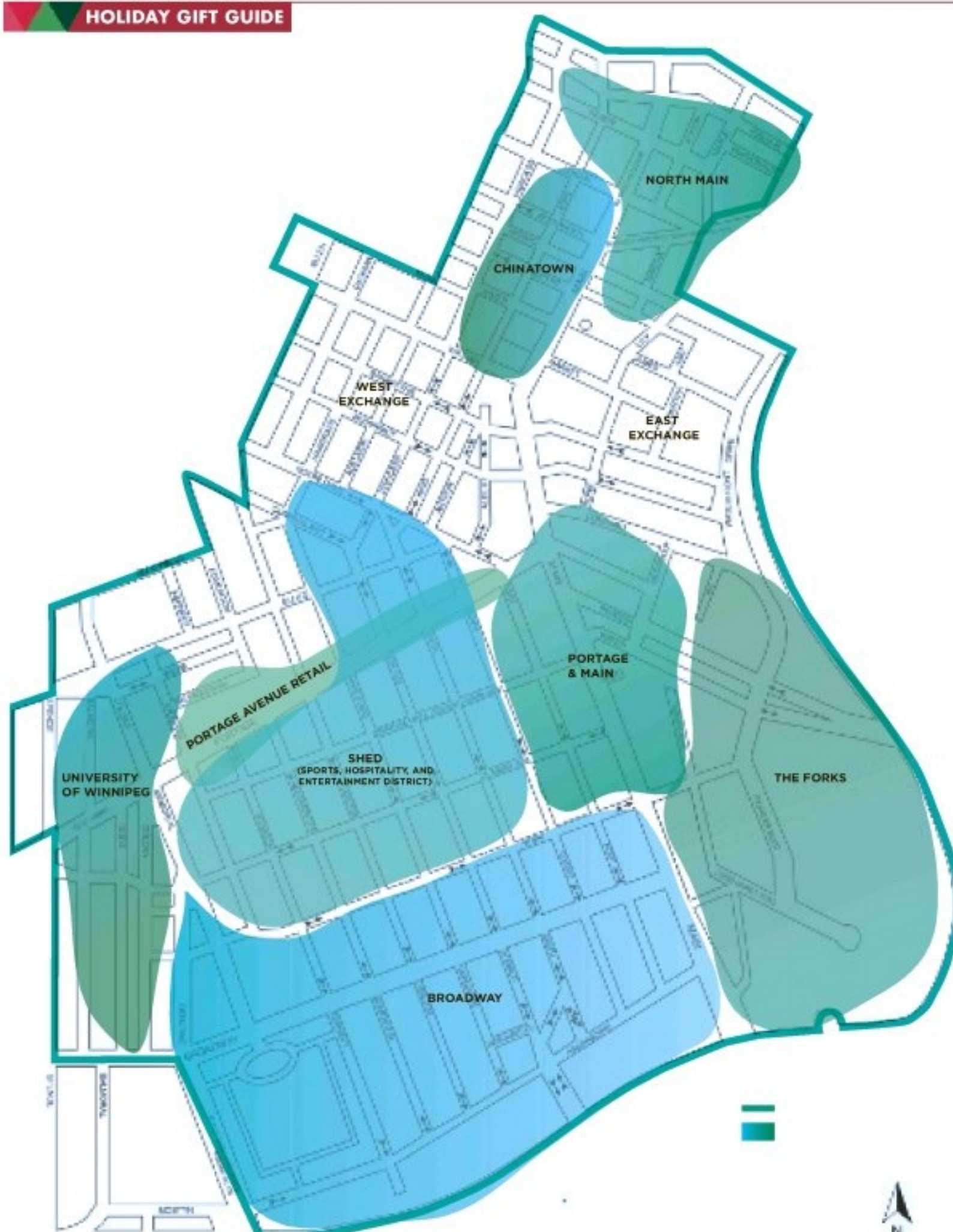
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The Downtown Winnipeg BIZ celebrates everything our city has to offer

We keep the downtown clean and safe, create beautiful, walkable places, bring people together and impact policy change through community engagement, research and advocacy.

The Downtown Winnipeg BIZ's vision for the next five years is to move our initiatives from good to great. Established in 1989 by the City of Winnipeg, the Downtown Winnipeg BIZ is the oldest of Winnipeg's 16 business improvement zones and represents more than 1,300 businesses. With more than 16,446 people living downtown, 69,000 office workers coming downtown each weekday, and more than 24,000 students learning at 22 downtown universities, colleges, and technical schools, the Downtown Winnipeg BIZ has a unique perspective and a vested interest in the well-being of our community. The Downtown Winnipeg BIZ launched a creative and broad community consultation that ran for four months, from June to September 2016. In total, the strategic planning team spent more than 175 hours in the community and engaged more than 2,000 people who shared their opinions, visions, and ideas for the future of Downtown Winnipeg and the Downtown Winnipeg BIZ. Through analysis, these opinions, visions, and ideas were coded and distilled into the Top 10 Downtown Winnipeg BIZ priorities.

These priorities include:

- Walking Culture
- Safe Space
- Parking Strategy
- Dwell Downtown
- Beautiful Public Space
- Cycling Network
- Inclusion & Equity
- Connectivity
- Indigenize Downtown
- 24-7 Active

Learn more about these priorities and the Community Feedback Report at downtownwinnipegbiz.com.

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Give the gift of entertainment with shows at the MTS Centre

If you're a music fan, and in Winnipeg there are plenty of those, then you might look at the MTS Centre as the gift that keeps on giving.

The downtown home to the Winnipeg Jets and Manitoba Moose has helped turn Winnipeg into a destination for bands of all stripes.

It wasn't always the case, but now, if Toronto, Montreal and Vancouver are getting 'em there's a pretty good chance The 'Peg is, too.

So, with that in mind, Kevin Donnelly, True North Sports and Entertainment senior vice president of venues and entertainment, isn't really lamenting the fact Winnipeg doesn't have an annual Christmas show at the MTS Centre.

There is the annual New Year's Eve hockey game – this year it's the Jets hosting the Islanders – and the Burton Cummings Theatre hosts the annual JP Hoe Hoe Hoe show, this year on Dec. 16, but there's no annual themed event at the MTS.

"Winnipeggers like to go attend hockey games over the Christmas break, so that'll continue," Donnelly said.

"We, other than the hockey game, don't engage in that sort of year in, year out Christmas spectacular kinda stuff."

It's not to say they won't in the future, but for now, Donnelly said Winnipeggers can in-



CONTRIBUTED

volve the MTS Centre more directly in their Christmas rituals by surprising loved ones with tickets to any of the approximately 150 events held there every year.

"The good news is (tickets) don't get stale and they don't lose their value, in fact they probably increase in value," Donnelly said.

"Because you know we have shows that are on sale now, you can buy for a show that's in February, March, April, May, June, July, August and the recipient is just as excited."

And even better, no matter how much turkey and stuffing you down as you celebrate, that ticket will always look good on you.

"The ticket always fits, it's not like a sweater."



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Donnelly said a couple recent announcements – Bruno Mars and the Red Hot Chili Peppers – have got people excited, but if their fans aren't on your list, there's others that will be.

"Those are probably the two most talked about at the moment, but, it depends on who you're talking to. Some people are just as excited or more excited about Tim McGraw and Faith Hill, which is another huge show coming in 2017."

Either way, Donnelly said he's confident, if not amazed, that Winnipeggers' dedication to live entertainment will keep the best entertainers coming here, and we'll all be able to stuff stockings with tickets for years to come.

"It's fantastic. It's really remarkable that the marketplace continues to respond as it does and you know, we think we punch above our weight class in terms of the amount of people that come out and see shows compared to other markets that are well over a million people, because that's who we compete with to get these shows and if we didn't do the business that we do we wouldn't get the consideration for whatever the next show might be."



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When Santa comes to town

This season, the historic Royal Alexandra Suite, located on the 20th floor of Fairmont Winnipeg, will be home to more than just its usual visiting royalty and celebrities - but Santa Claus himself.

Santa stays until Dec 18, and when he's off meeting toy makers or shopping downtown, you can tour his luxurious suite every Saturday and Sunday from 10 a.m. to 3 p.m.

In celebration of Santa's yearly visit to the ballet for a Nutcracker performance, Santa's elves have decorated the suite with whimsical Nutcracker-themed details including twinkling pink and gold Christmas trees, an elegant dinner table set for Santa and his special guests, a letter-writing

station for leaving holiday wish lists and exciting giveaways to spread the good cheer.

Guests who post or tweet a photo of their Santa Suite visit using the hashtag #WPGSantaSuite will be entered to win a one-night stay at Fairmont Winnipeg on the Fairmont Gold floor.

Santa Meet and Greet Dates

Santa himself will take a break from his hectic holiday schedule to make appearances and pose for photos with visitors in his Fairmont Winnipeg Santa Suite.

Dates and Times

Saturday, Dec 3 from 11 a.m. to 3 p.m.



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Saturday, Dec 10 from 11 a.m. to 3 p.m.

Saturday, Dec 17 from 11 a.m. to 3 p.m.

Filbert Meet and Greet Date

The Royal Winnipeg Ballet's famous Nutcracker mascot, Filbert the Bear, will be available for photos with visitors in the

Santa Suite on Saturday, Nov 26 from 11 a.m.

The Santa Suite is available for unique private events and Holiday Receptions for between 15 and 20 people. For more information, call 204-985-6212 or e-mail Winnipeg@fairmont.com.



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HOLIDAY GIFT GUIDE

Plan your holiday bash at Bailey's

A Christmas party at Bailey's is really a time honoured tradition, but putting your finger on what exactly it is that makes Bailey's so special just ain't that easy.

It's a downtown staple and the 116-year-old building that became a restaurant in 1971 is splendid in its charm, and, of course, the food hits the spot.

But a Christmas party at Bailey's is some-



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how more than all that.

John Kovac, general manager at Bailey's, offers this simple thought - "Your party is your entertainment".

Kovac just might have something there.

When you mix in good friends, solid coworkers and Christmas cheer with Bailey's food, drinks and warm atmosphere, your party elevates to another level.

Kovac says their food is great and for

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Christmas parties they offer limited menus with five item selections and four different options that range from \$19 to \$48.

Bailey's can accommodate parties of any size, from 10 to 20 people to 100. Your private room will be determined by the size of your party - small groups up to 20 people will be in the library; 18 to 30 people will be celebrating in the Board of Governors room; crowds of 40 to 60 will be in the winter garden overlooking Portage and Main and larger bookings of 60 to 90 people take over the main dining room.

The Christmas season is always big at Bailey's and Kovac said they have limited bookings available, but you can still get in for a party if you're willing to have a good time on a school night - weekends are already booked.

If you can party and still make it to work the next day, there's a Sunday to Thursday opening for you.

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Little blue killer



HEALTH

Police suspect fentanyl linked to two more deaths in city

Police in Winnipeg say fentanyl is an epidemic that is responsible for a growing number of deaths that now include two more suspected fatal overdoses.

Const. Jason Michalyshen said officers were called on Sunday to a downtown hotel, where staff discovered the body of a 30-year-old man who had been staying there. Drugs and drug paraphernalia were found at the scene.

About nine hours later, police and paramedics were called to a south-end home where two men, who were 21 and 22 years old, were in medical distress. Investigators say illegal drugs were in the home.

The 22-year-old died and the 21-year-old remained in critical condition on Monday, Michalyshen said.

Tests were being done to determine whether fentanyl — an opioid used as a painkiller for terminally ill cancer patients and 100 times more powerful than heroin — played a role in both cases.

"It's quite clear what we're dealing with, the epidemic that we're seeing in our community," Michalyshen said. "We're not going to shy away from it."

The bodies of a man and two women were found in a north-west Winnipeg home last week. A white powder was discovered in the residence and investigators said fentanyl was suspected in the deaths.

Last month, a nine-month-old boy was rushed to hospital after being exposed to carfentanil, a drug so powerful just a few grains can be fatal.

THE CANADIAN PRESS



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See Page 7

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Faculty officially approve new deal

UNIVERSITY OF MANITOBA

Vote ends 20-day strike



Jessica Botelho-Urbanski
For Metro|Winnipeg

News of the tentative deal reached by the University of Manitoba administration and faculty Sunday night was welcome, but not entirely reassuring, the student body president said Monday.

Tanjit Nagra, the University of Manitoba Students' Union president, said Monday afternoon she would feel confident the strike is definitely over when she sees it in writing.

Members of the University of Manitoba Faculty Association — which represents about 1,200 professors, instructors and librarians — voted on whether to ratify the settlement contract at a Monday evening meeting at the RBC Convention Centre.

Members ultimately voted to approve the new deal, ending a 20-day strike.

The fact it took 20 days of striking for the faculty and administration to come to an agreement — seven months after their last contract expired

in March and nearly 10 months after they began negotiating in January — worried Nagra.

"I think it's unfortunate because I do know a lot of days there was no real action taking place. Whether there wasn't any proposals on the table or whatever it was, there was a lot of in-between time," she said, referring to the days where negotiations were at a stalemate.

"Obviously you can't really be prepared for a strike, but if folks were I guess utilizing every day to the fullest, I don't think we would have hit day 20 and 21."

The U of M senate rejigged the academic calendar for fall term and the university told students their winter term and reading week won't be affected by the strike, which Nagra said was "encouraging to hear."

"That was a huge concern of ours, but with that, we'll have to ensure that things are still ending on time. Exams are going to be all over the place, essentially. There's going to be some happening in December, some in January. So we have to make sure students' mental health is not being affected and make sure it makes sense and is fair to students," she said.

Classes are expected to resume as normal Tuesday after the ratification vote.



Students march in support of University of Manitoba faculty on Chancellor Matheson Road on Friday.

JESSICA BOTELHO-URBANSKI/FOR METRO

AGRICULTURE

Frustrated farmers crowd-source to feed 400 stranded cattle



A herd of cattle wades through the water of a flooded northern Manitoba farm. FACEBOOK PHOTO

A frustrated farmer's family has turned to crowdsourcing to help feed their 400 cattle, which were temporarily stranded following a massive flood in northwest Manitoba this fall.

Tim Berscheid—whose farm spans nearly 4,000 acres about five miles south of The Pas, near the rural municipality of Kelsey—described the arduous process he's undertaken during one of the worst years for flooding in recent memory.

Berscheid had to travel by canoe to feed to his cows, bulls and calves in October. Since the water levels dropped in recent weeks, he's been able to move their feed via tractor, which mucked up his farmlands considerably, he said.

A committee of members from the Pasquia Growers Association, the RM of Kelsey and the provincial government made the decision to pump water from the

Pasquia River onto neighbouring farmlands following excessive rainfall.

Last week, Berscheid said he was able to move his cattle closer to their feed pile by guiding them through the swamp. But rations are getting low and so Berscheid's sister started a GoFundMe campaign in hopes of helping them bounce back.

"The assistance we received from the province was application forms and paperwork. They really didn't give us any help of any material or any solutions to help fix this," said Tim Berscheid in a phone interview Monday.

In late October, the province sent a spokeswoman to survey Berscheid's land, but she wasn't

able to provide concrete solutions and nor was their local council, Berscheid said.

Rod Berezowski, the reeve for the RM of Kelsey, said the municipality is doing the best they can to help farmers affected by floods.



There's lots of producers having the same problems.

Rod Berezowski

"There's lots of producers having exactly the same problems that this one individual is having and they're just looking after it," Berezowski said, including

himself in the group of farmers trying to cope with wet conditions. "We're doing the best we can to keep the water out of here and it's not a manmade problem. It's an environmental thing that's happened."

Berscheid said his family has

been "ostracized from the community" for speaking out about their plight on Facebook and in the media.

"We're being singled out because we shouldn't have brought this up. We shouldn't have put it on the internet. We should basically suck it up and move on," the farmer said. "This is beyond common sense and it's not Mother Nature. Mother Nature doesn't dig ditches. Mother Nature does not put in culverts and she sure as hell doesn't start and stop pumps. She just picks where she dumps the water."

A provincial spokesman said in an emailed statement Monday that the agriculture department has "been working with and offering assistance to all affected cattle producers in the affected area, with a focus on assistance on feed and finances."

JESSICA BOTELHO-URBANSKI/FOR METRO

5

THINGS TO WATCH FOR IN THE CITY BUDGET

Winnipeggers will surely see a tax hike in the 2017 budget. But details on the Portage and Main barricades and firefighter staffing? Those remain to be seen on Tuesday. **STEPHANIE TAYLOR** METRO



LYLE STAFFORD/FOR METRO

1 Property tax and frontage levies hike

Winnipeg homeowners should not be surprised to see a property tax increase of around 2.3 per cent for 2017. After all, Mayor Brian Bowman did campaign on a promise to cap property tax increases at 2.3 per cent, or the rate of inflation. The bigger question mark is around what will happen to frontage levies. In the 2016 operating budget, a frontage levy increase left homeowners paying an average \$55 extra for their lots, compared to the \$38 more due to the property tax increase.



LYLE STAFFORD/FOR METRO

5 Growth fees

The 2017 operating budget will show how much money the city anticipates it will collect from its first year of growth fees. Coun. John Orlikow predicted the city will bring in \$7-million to \$10-million extra under the new policy to charge fees to builders of new homes on 11 areas of the outskirts of the city. Cash from growth fees will be kept in a special reserve fund, but Tuesday's proposed budgets could contain more information on what this policy means for the city's longer term planning for capital projects.



METRO FILE

3 Fire and paramedic staffing

Fire Chief John Lane has been clear that unless city hall approves the hiring of 36 new firefighters or increases the service overtime budget, department brass will be back in 2017 requesting more overtime cash.

Lane has been tight-lipped about whether the department's wish for more overtime money will be granted.

Either way, he's on the record calling the current overtime allotment of \$2.1 million "unrealistic," saying if the city gave the department \$4.8 million during budget time, it would prevent the service from having to ask for more later in the year.

Hiring 12 new firefighters every year for the next three years could also do the trick.

2 Police budget

Will the Winnipeg Police Service get into another tangle with city hall over its proposed budget? That will be clear after Tuesday when the city releases how much it plans to spend on policing in 2017. Earlier this year, Bowman touted an effort to limit this year's police budget increases to the rate of inflation or even less, a move panned by the police union as short-sighted given the increasing demands for service. City hall agreed to a \$16-million increase in the 2016 police budget, which still amounted to a \$2.45-million shortfall, closed in part by deferring a body camera pilot program until another year.



SHANNON VANRAES/FOR METRO



STEPHANIE TAYLOR/METRO

4 Portage and Main

If the concrete barriers at Portage and Main are to come down by next summer, the new capital budget will say so. Bowman says it's a goal to reintroduce foot traffic to the downtown intersection in time for the city to play host to the 2017 Canada Summer Games, which kick off July 28. But a confidential briefing note obtained by Metro Winnipeg through the Freedom of Information and Protection of Privacy Act shows that date is firmer than just a goal. The note was sent by Lester Deane, the director of the public works department, to the chief's city administrative officer, Doug McNeil, back in May.

"The City has established a deadline of July 1, 2017 for an initial opening of the Portage and Main intersection to pedestrians," it reads. The heavily redacted note contains information about the Bank of Montreal corner at Portage and Main.

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TRANSPARENCY

Fact check: The mayor's calendars

One could say Winnipeg's mayor is a busy guy, or a man with extra time on his hands, depending on which of his meeting calendars you read.

Brian Bowman campaigned on a commitment to bring greater openness and transparency to 510 Main St. and consistently points to examples that show city hall is moving in a positive direction.

One of those examples is the publishing of his monthly meeting calendar.

"This is the first time a mayor has put their meeting calendar proactively online," Bowman recently told media. But how much should the average citizen take those monthly meeting lists at face value?

Metro obtained a list of Bowman's daily schedule from January 2016 to July 2016 under freedom of information legislation,

as well as his calendar from November 2014 to July 2015, in order to compare what's posted online to what the mayor's office recorded.

Here's what Metro found:

- From January to July, Bowman's online calendar shows he attended 98 different meetings with organization representatives, labour groups, ministers and philanthropists. But records from his office during that time show he was scheduled for 886 meetings.

- The mayor's meetings listed in the city's records include daily briefings with staff, closed-door meetings with his executive policy committee and council seminars, phone calls with councillors and discussions with senior administrators, on top of sit-downs and phone calls with non city-officials. These were not always posted to his

online calendar.

- Bowman's monthly calendars for 2014 and 2015 also exclude hundreds of similar meetings and phone calls, as well as daily itineraries of the events he attends.

For example, back in January, records from the mayor's office shows Bowman was scheduled for a phone call with an employee injured at the Shoal Lake water intake facility. No such phone call was listed in the online calendar.

Same with phone calls to local MPs Jim Carr and Dan Vandal, as well as Hartley Richardson, and Blue Bombers CEO Wade Miller.

"The Mayor's calendar is continually in flux with additions and cancellations being made on a daily basis," read an email statement sent from Bowman's press secretary, Jeremy Davis, to Metro. **STEPHANIE TAYLOR/METRO**



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Lieutenant Governor of Manitoba Janice Filmon inspects the guard prior to the opening of the second session of the 41st Legislature and the Throne Speech Monday at the Manitoba Legislative Building. DAVID LIPNOWSKI/THE CANADIAN PRESS

Province plans to rein in spending

GOVERNMENT

Throne speech calls for cap on public sector wage hikes

The Manitoba government plans to pass a law to control wage increases throughout the public sector and will eliminate dozens of provincial boards or commissions as it tries to bring down a stubborn deficit.

The two measures are among several cost-cutting steps announced in the Progressive Conservative government's throne speech Monday, which outlines the government's agenda.

The government will introduce legislation "to ensure that the province's public-sector costs do not exceed Manitobans' ability to sustain the services they receive in return," says the speech, read in the legislature chamber by Lt.-Gov. Janice Filmon.

Premier Brian Pallister revealed few details, but confirmed the proposed law is aimed at capping wage hikes both inside government and among public institutions such as hospitals and universities.

"Our number one category of expenditure — across government, in the public service — is, of course, wages," Pallister said, adding some recent contract settlements have been "excessive."

"We have tremendous respect for the people who work in our system and want them to be fairly paid. But we cannot fail to get a handle on the out-of-control spending growth that we've seen over the last number of years, which has gone up by over two and a half times the rate of inflation in the last decade."

Union leaders said the Tory government was not living up to its election promises.

"It got elected on a campaign to protect services, but the language that we start hearing is all about cost-savings and

20%

According to the throne speech, the province plans to cut approximately 20 per cent of the combined agencies, boards and commissions in Manitoba.

cutting costs and not dealing with the services that are being provided," said Kevin Rebeck, president of the Manitoba Federation of Labour.

"I did get a meeting with the premier a couple of weeks ago ... and he assured me many times over ... that he believes in the bargaining process and in fair bargaining," said Michelle Garwonsky of the Manitoba Government and General Employees' Union.

Pallister inherited a deficit of \$846 million in the last fiscal year. He has promised to balance the budget without severe cuts and over eight years.

THE CANADIAN PRESS

DEVELOPMENT

City, Caspian land deal goes to court



Stephanie Taylor
Metro | Winnipeg

A planning dispute between Caspian Construction Inc., and the city over transforming a snow-dumping site along Kenaston Boulevard into a chic commercial hub is headed to court.

According to a statement of claim filed at the Court of Queen's Bench on Nov. 16, the company is seeking a court order for the city to accept the remainder of a \$5.2 million deal to buy the 13-acre site and provide a title number for the land.

Caspian also wants an injunction placed on the property in order to prevent it from being sold or transferred elsewhere.

The land is the intended home of a new mixed-use commercial and residential centre, a vision developed by Caspian and Richard Wintrup and Associates.

The site is located in a public-right-of-way along Kenaston Boulevard South. It was home to a giant mountain of dumped snow every winter until the land was deemed surplus.

According to court documents, Caspian offered to buy the land for \$5.2 million in July 2014, providing the city with an upfront deposit of \$780,000 that August.



This requirement was not in the offer which was accepted.

Affidavit excerpt

By that November, the city committee on planning, property and development approved the land sale, as per a few stipulations from the department.

A report penned by staffer Joedi Pruden said the offer was

subject to Caspian closing the right-of-way, rezoning the property from industrial to commercial, as well as participating in a "major redevelopment planning process."

She clarified the last part was because the property fell within the Tuxedo LaFarge redevelopment site, a 50-acre chunk of land just west of Kenaston Boulevard and near IKEA, which requires an area master plan to be approved for future development.

But that came as news to company president, Armik Babakhani, according to a sworn affidavit.

"This requirement was not in the offer which was accepted by Winnipeg," the affidavit says.

A hearing date is set for Nov. 24. Caspian did not provide Metro Winnipeg with a comment before press time.

No one from the city will comment on matters that are before the courts.

HEALTH

Minister meets men switched at birth

Federal Health Minister Jane Philpott says she has had an emotional meeting with some men who were switched at birth more than 40 years ago.

DNA tests have shown at least four babies were switched at the

federally run hospital in Norway House during the 1970s.

Philpott says she met in Winnipeg with some of the men, their families and First Nations band councillors.

Eric Robinson, a spokesman

for the families, says they want a public apology in Parliament and counselling.

The federal government has asked an independent third party to investigate what went wrong. THE CANADIAN PRESS

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Karli and Sean Quigley of the band **Bold As Lions** are ready to release their second album this spring. DAVID LIPNOWSKI/FOR METRO

Viral star beats out second album

YOUTUBE

Little drummer boy doesn't do shorts in winter anymore



Jessica Botelho-Urbanski
For Metro | Winnipeg

Winnipeg's little drummer boy is all grown up.

Well, almost.

Five years ago, Sean Quigley released his viral Little Drummer Boy cover at age 16 and the video — shot during a Winnipeg winter and featuring Quigley playing snow-covered drums outside while wearing shorts — racked up more than 3.3 million YouTube views.

Fast-forward five years and he's 21 years old and married to his high school crush-turned-band mate, Karli Quigley. The pair is ready to release their second album under the moniker Bold As Lions this spring.

Their first single What You Said drops Tuesday.

"You know, I've grown up a little bit. I don't always do the shorts in winter (anymore)," Sean Quigley said with a laugh on Monday.

"That whole experience happened when I was in Grade 11, so it's ingrained in my mind. It was such an influential time for me... realizing that it is actually possible that a 16-year-old kid (recording) in their basement can reach millions of people," he said.

Quigley said he told himself he'd never do another version of the Christmas classic that made him Internet famous, but he wouldn't rule out making a holiday album one day.

Right now, Bold As Lions is gravitating toward making pop music that, from the sounds of their first single, is heavy on the synths. Karli Quigley said the new album (which is as yet untitled) would still have a rock edge, with at least one acoustic tune and one piano ballad.

The couple said they feel

lucky to make music and see the world together while on tour, but the irony of how their band got together isn't lost on them.

The first time they ever talked was when Sean sent Karli a Facebook message in 2008 asking if she wanted to be in a band.


She declined.

Karli, now 23, laughs at the memory of her apathetic Grade 10 self.

"You know how you are when you're that age. I was like, 'yeah, I've got my own stuff going on,' even though I didn't really have much of anything going on," she said.

"And then we kind of ended up in the same place with the same circle of people and, long story short, we fell in love and got married," Sean said. The two tied the knot in 2014.

Bold As Lions will be performing in schools in February and March before their album release, as part of their Hungerfree Tour, a project they created last year to support World Vision.



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Canadian military: It 'has to change'

COURT

Lawsuit claims bullying, sexual assault of military women



Haley Ryan
Metro | Halifax

A Nova Scotia woman leading a proposed class action lawsuit is hoping to "incite some change" after speaking up with personal and graphic allegations of misogyny, sexual harassment and assault in the Canadian Armed Forces (CAF).

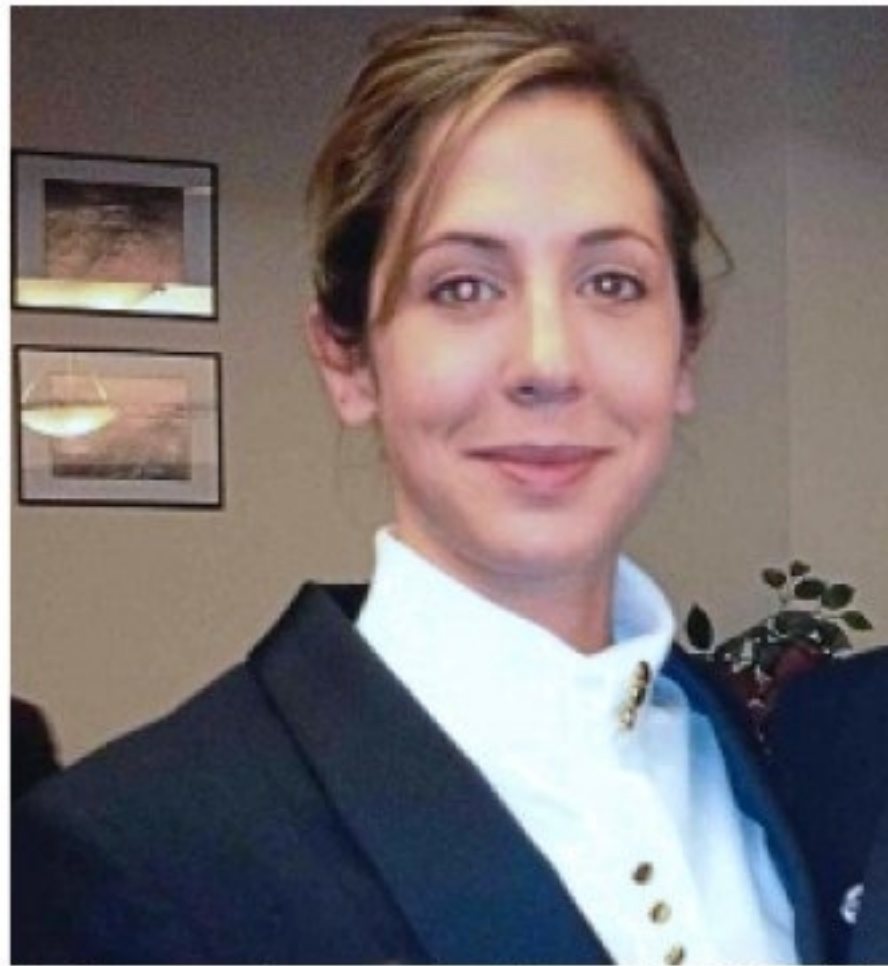
A statement of claim against the federal government was filed Monday with the Nova Scotia Supreme Court by Halifax-based lawyer Ray Wagner, saying the Attorney General of Canada is vicariously liable for the alleged misconduct.

"It almost feels like it's the norm for the military and that's not right. It has to change," Glynis Rogers, lead plaintiff and former CAF member, said in an interview Monday.

Rogers, from Yarmouth, is the only plaintiff now but if the case proceeds the class could include any women who claim similar treatment.

After enrolling as officer in the CAF out of high school in 2006, Rogers attended the Royal Military College (RMC) in Kingston, Ont. The allegations happened in her time at RMC, the claim reads, job training in Greenwood, N.S., and at CFB Borden in Ontario when Rogers was in the aerospace engineer officer basic course.

The suit alleges Rogers encountered persistent and systemic gender-based discrimination, bullying and harassment from male members, especially during training.



Glynis Rogers, a former member of CAF and lead plaintiff of the class action suit. CONTRIBUTED

CRIME

Restorative justice has a real impact



Yvette d'Entremont
Metro | Halifax

Carolyn Stewart and Meghan Peters sat together Monday morning, chatting like old friends.

They were nervously waiting to speak with reporters following a press conference about the expansion of the province's restorative justice program.

The pair got to know each other after Stewart broke into

Peters' café in Antigonish about a year ago. They opted to participate in adult restorative justice.

"I wanted to meet the woman who broke in and so I asked the police officer who arrested her if there was any way I'd be able to meet her and he said, 'Actually, there is,' and he spoke to the Crown," Peters recalled.

"I had so many questions. Why? How? And she answered them and I saw that she was very, very remorseful and that it was just a mistake."

STREETS

Homeless' backpack heads to Vancouver



Jen St. Denis
Metro | Vancouver

A backpack designed specifically for the homeless and already distributed to 35,000 in the United States is heading to Vancouver.

A charity called CityPak and Wolfe Auto Group, a vehicle dealership based in Surrey, have

partnered to distribute a total of 750 backpacks in Vancouver and Surrey.

"It's made of ballistic nylon, it's very, very weather resistant," said Ron Kaplan, founder of CityPak. The backpack is designed to be rain and theft-resistant, with a strap that can be worn around the wrist or ankle, and Velcro closures that would alert the wearer to an attempted theft.

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Trump to kill off trade deal

ECONOMY

President-elect vows to take executive action on day 1

President-elect Donald Trump has pledged to begin the process of withdrawing from the Trans-Pacific Trade Partnership on his first day in office.

In a video released on YouTube Monday, Trump attacked the 12-nation pact, which is aimed at removing barriers to trade and is awaiting ratification after seven years of negotiations, promising to replace it with a series of individual deals.

It will be part of a series of "executive actions we can take on day one," the incoming U.S. president said.

He said he will "issue a notification of intent to withdraw from the Trans-Pacific Trade Partnership, a potential disaster for

our country."

He continued: "Instead, we will negotiate for bilateral trade deals that bring jobs and industry back onto American shores."

Trump also said he will begin his term of office by cutting restrictions on some types of energy production, including shale gas and coal.

Earlier, Japanese Prime Minister Shinzo Abe said the TPP would be "meaningless" without the United States.

Abe spoke after attending a weekend meeting of Asia-Pacific leaders in Peru at which some said they might seek to modify the 12-nation TPP pact to make it more appealing to Trump, or seek to implement it without the U.S. But Abe discounted the idea of going ahead without American participation.

"TPP is meaningless without the United States," he said at a news conference during his official visit to Argentina.

METRO WITH FILES FROM THE ASSOCIATED PRESS



Trump outlined his plans in a YouTube video YOUTUBE.COM



'Little rascal' Prince George and his father Prince William at Government House in Victoria, B.C. in September. THE CANADIAN PRESS

Parenting 'quite a change' for William

Prince William has spoken about fatherhood, revealing he's just like regular parents and has "struggled at times."

The royal, who was on a two-day trip to Vietnam to raise awareness about illegal wildlife trade, gave a lengthy interview to Talk Vietnam.

As well as discussing wildlife protection in a recent interview, he spoke about his wife, Kate Middleton, and his two children, Prince George, 3, and Princess Charlotte, 1.

"There's wonderful highs and there's wonderful lows," Prince

William said of parenthood. "It's been quite a change for me personally. I'm very lucky in the support I have from Catherine. She's an amazing mother and a fantastic wife."

"But I've struggled at times," he added. "The alteration from being a single, independent man to going into marriage and then having children is life-changing. I adore my children very much and I've learned a lot about myself and family just from having my own children. It's amazing how much you pick up just in those

moments."

The Prince spoke about his son George, calling him "a little rascal," who "keeps me on my toes."

"But he's a sweet boy," Prince William added.

He also talked about his daughter Charlotte. The Prince, who grew up with his brother Prince Harry, did not have any sisters, and said "having a daughter is a very different dynamic."

"So I'm learning about having a daughter ... but it's wonderful and fantastic."

TORSTAR NEWS SERVICE

JAPAN

Fukushima on alert after quake

Japan has lifted a tsunami warning for its northeastern coast nearly four hours after a powerful offshore earthquake.

A tsunami advisory for waves of up to 1 metre (3 feet) remains in place for much of the Pacific coast.

The earlier warning was for waves of up to 3 metres (10 feet). The Japan Meteorological Agency had urged residents to flee quickly to higher ground.

The largest wave recorded was 1.4 metres (4.6 feet) at Sendai Bay. Fukushima prefecture is home to the nuclear power plant that was destroyed by a huge tsunami following an offshore earthquake in 2011.

The operator of the Fukushima Dai-ichi plant said there were no abnormalities observed at the plant, though a swelling of the tide of up to 1 metre has been detected offshore.

Plant operator TEPCO said a pump that supplies cooling water to a spent fuel pool at the nearby Fukushima Dai-ni plant stopped temporarily, but that it was working again. The Tokyo-based utility is investigating the cause.

THE ASSOCIATED PRESS

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EMMA TEITEL ON GOOD CITIZENSHIP IN A NEW MEDIA AGE

We live in a state of social, technological and political flux. And like the 'poor devils' on Downton we appear to be acting like 'chickens with our heads cut off.'



This past week, when my wife Ella was sick with bronchitis and depressed about the victory of Donald Trump, she escaped into the soothing, low-stakes world of Downton Abbey.

Downton Abbey is a place where picking up the wrong fork at dinner is a sin on par with manslaughter, as is walking into the servants' quarters unannounced and wearing to supper what you wore to lunch.

Ella laughed hard when Mr. Carson, Downton's officious butler with a heart of burnished gold, struggled to use the telephone.

And she laughed again when Lord Grantham, the estate's patriarch, balked at his young niece Lady Rose's suggestion that Downton Abbey get (gasp!) a radio.

But I didn't laugh.

In fact, I couldn't laugh, not just because I had already binge-watched Downton Abbey ages ago, but because the apparently absurd, change-wary world it portrayed no longer struck me as quaint and escapist but as uncomfortably familiar.

The stretch isn't as hard as you might think. Like the characters on Downton Abbey (both upstairs and down) we too live at the relative dawn of a new century, in a state of social, technological and political flux. And like the "poor devils" on Downton (to borrow a phrase from Lord Grantham) we also appear to be navigating this new world like (to borrow a phrase from Mrs. Pat-

more, Downton's exasperated cook) "a bunch of chickens with our heads cut off."

For proof of our own extreme cognitive dissonance, a hundred years post-Downton, look no further than the deluge of doomsday predictions and anxious monologues that continue to dominate our social-media news feeds day in

of American adults get their news from Facebook, and a lot of that news, unknown to the people sharing it, originates from media sources that are not merely biased but often satirical, hyper-partisan and deliberately misleading.

If you don't think this is a problem, you either aren't on Facebook or you're a spokes-

cebook regularly, for instance, and more than half of them do so daily."

Given those statistics, here's hoping that they (i.e. we) take to heart the advice of Melissa Zimdars, a Massachusetts college professor, who recently compiled a list of phoney and misleading news sites that peddle half-truths, untruths and screaming headlines written specifically to get our goat.

If an online news story "makes you REALLY ANGRY," writes Zimdars in a Google Document she's made available to the general public, "it's probably a good idea to keep reading about the topic via other sources to make sure the story you read wasn't purposefully trying to make you angry (with potentially misleading or false information) in order to generate shares and ad revenue."

Amen. We have a duty to ourselves, to our democracies and to future generations to brush up on our media literacy skills. And we have a duty not to scoff at new media, as Lord Grantham and Mr. Carson scoff at the radio, or to kowtow to it (as they eventually do), but to use it subversively, with a healthy dose of skepticism, and to use it to share information responsibly.

This is nothing more than paying it forward. Before we know it, our great grandchildren will be escaping the madness of their own day (ahem, climate change) to indulge in TV dramas about the early 21st century, a time and place when their ancestors attempted something called "the mannequin challenge" and swallowed wholesale phoney news stories about the end of the world. Let's try not to give them too much material to roll their eyes at.

Emma Teitel is a national affairs columnist for the Toronto Star.



HEALTHY SKEPTICISM? Mr. Carson, Downton Abbey's butler, didn't even trust the radio. What would he make of Facebook? CONTRIBUTED

and day out, partly the result of Donald Trump's improbable victory and the piqued conservative reaction to liberal anguish about that victory. But even more the result of the very revolutionary online media we've had to navigate, an innovation as problematic as, yes, the radio once was.

In fact the online universe is also instrumental in another development that might be even more troubling: This is the growing charge that phoney and fabricated news stories, consumed and shared en masse on Facebook, have begun to take a far greater role in deciding our elections and shaping our democracies than the legacy media institutions that ruled the 20th century.

In other words, Goodbye New York Times, Hello The Daily Current, Breitbart and Clickhole. Today, nearly half

person for it.

Facebook, predictably, tried its very best this week to deny that it had an outsized influence on the U.S. election. According to a spokesperson from the social network, in a written statement to the Toronto Star, "While Facebook played a part in this election, it was just one of many ways people received their information — and was one of the many ways people connected with their leaders, engaged in the political process and shared their views."

In Facebook's defence, there are people around who still read print newspapers and listen to the radio, but this group (much like the lords and ladies of Downton Abbey in 1916) is a quickly dying breed. According to the American Press Institute, "Fully 88 per cent of Millennials get news from Fa-

Sexual misconduct by cabbies: This is a crisis

INSIDE THE PERIMETER

Shannon VanRaes



When I get into a taxicab in Winnipeg I can almost guarantee my conversation with the driver will run along the following lines:

"I'm going to 123 Fake Street."

"And where is that?"

"It's in Osborne Village."

"And that is where?"

"In the middle of the city, near the legislature, off of Osborne."

"And I get there how?"

"Oh, for Pete's sake. OK, turn left here, then right. Keep going ..."

While admittedly not every Winnipeg cab driver is quite this unfamiliar with city streets, I've had this conversation enough times to know that driver training is obviously inadequate.

But I've also had more unsettling experiences, including one driver who diverted to buy beer and another who purchased drugs while I was in the cab. I didn't challenge either driver at the time, because, being a woman alone with a strange man, it didn't seem safe to do so.

An attempt to report the second incident went nowhere; I was challenged on how I could possibly know the small plastic bag the driver received in exchange for cash was drugs.

But far, far more disturbing than anything I've experienced is the seemingly unending litany of sexual assault allegations being made against Winnipeg cab drivers.

Reports of two women being separately propositioned by Duffy's Taxi drivers surfaced earlier this month, followed by reports of a Unicity

Taxi employee being assaulted by a driver while on the job.

In May, a 55-year-old driver was charged with sexually assaulting a passenger, while last December a university student called for help after a driver began asking about sexual activity.

The list goes on. And it's very likely that the reported incidents represent only a fraction of assaults that occur.

Last January, Pernell Flett launched the free-ride service called Neechi Rides in response to sexually inappropriate behaviour, assaults and discrimination against indigenous people being routinely reported. Ikwe Safe Ride Service offers a similar ride program for the same reasons.

But while the issue is raised publicly every few years, there has never been a concerted effort to tackle the problem on the part of the taxicab companies or the Taxicab Board, the provincially operated body that oversees the industry.

It was recently suggested by one industry representative that the problem of drivers propositioning passengers could be solved by recording audio inside cabs. A ridiculous suggestion that ignores all of our privacy laws as well as the actual issues.

Currently, drivers only need to pass a criminal record check and receive a mere 44 hours of training, barely enough time to cover basic regulations, fares and have a quick glance at a map.

Surely, the first steps to changing the culture within Winnipeg's taxi industry is to change how the drivers are trained and screened.

Because unless there are drastic changes, Winnipeggers will continue to be taken for a ride, just not the one they paid for.

We have a duty to our democracies and to future generations to brush up on our media literacy skills.

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ATHLETICS

Millennials say spending more on exercise is worth it

Megan Haynes
For Metro Canada



Carly Chow likes to move. The 30-year-old has done everything from juggling and burlesque classes, to samba lessons and pole dancing.

The sales and marketing professional also does flexibility/contortion classes (to help her get into the hard-to-reach splits for certain pole tricks), as well as lyra (hanging hula hoop dancing) and occasionally silk aerial classes. Sometimes she even sneaks in a game of dodgeball.

The array of aerobics helps her work on her upper body strength, and ensure the Albertan, who now lives in Toronto, can eat as much steak as she likes.

It's one reason the monthly price tag (approximately \$140 for a subscription to her dance studio, \$80 every two months for performance troupes, \$45 for the occasional workshop, \$15 for drop-in classes elsewhere, plus gear) doesn't turn her off.

She's not the only millennial dropping big bucks for fitness. The industry is growing — private gyms grew 5.6 per cent between 2011 and 2016, and is now a \$3 billion industry, according to research firm Ibis. Millennials make up 40 per cent of aerobic activity participants (activities other than weights, running or biking), says Matthew Teeple, manager sports, at research firm NPD Group. Athletic clothing and footwear is also growing at a rate of seven per cent a year, he says, and millennials in particular make up 30 per cent of these purchases — or more than \$2.4 billion annually.

Sensing the opportunity, higher-end specialized studios have been creeping into the market. Earlier this month, New-York based cycling studio SoulCycle announced it will bring its classes (ap-



Carly Chow (above) and Jennica Fudge (right) spend about \$2,000 and \$1,000 a year, respectively, on classes. CONTRIBUTED

proximately \$34 US per class, plus \$3 for clip-in shoe rentals) to Canada.

That may be pricey for some, but millennials overall want to lead "healthier" lifestyles and are willing to prioritize spending on it as a result, Teeple says.

Elijah Di Gangi, 28, has been a fitness

buff for the past decade. The marketing professional estimates his gym membership cost to be \$100 a month (although about half of it is subsidized by work), while supplements and vitamins add up to about \$60 each month.

"I have no qualms with paying that

amount. I think it pays for itself in how great I feel, and certainly I'd rather spend the money on bettering myself physically than drinking or squandering it on things I don't need."

Chow also is comfortable with how much she spends, and not just because

\$ MONEY

Cut other monthly expenses to save in favour of fitness costs

When it comes to fitness, the key is to live within your means, says Shannon Simmons, a financial planner and founder of New School of Finances. Cut other recurring costs, like cable, or negotiating a smaller cellphone bill, to help balance the budget. Walking more or eating out less can also be healthy ways of saving money in favour of fitness.

Never let the cost of a membership — often a subscription that isn't seen — sit on a credit card, and never sacrifice savings goals for a quick work out, she says.

Finally, if you're paying for a gym class or membership, make sure to take full advantage of the workout.

MEGAN HAYNES/FOR METRO

of the fitness aspect. She appreciates the sense of community and the comfort level she develops with the teachers and fellow students at her classes.

"I like working out as a socializing activity — you can talk to your friends, make new ones," she says. "It's a safe environment and it's a supportive community."

Ottawa-based Jennica Fudge does four to five belly dancing classes a week, at an average cost of \$135 a month. It's a creative outlet for the 29-year-old graphic designer, who also sees the dance classes as a way to connect with new people.

She says the cost isn't a concern — she has a pretty strict budget, and tries to

stay well within it while continuing to meet her savings goals.

She also says she's frugal with the rest of her money.

"It's not like I'm going to go drop money on an expensive jacket," says Fudge. "And if there's one month I can't afford the class, then I don't go."



MEDICAL VS COSMETIC

Female genital procedures on the rise in Canada

Kristin Jones endured a "horrific" delivery when her daughter was born five years ago. It ended with an episiotomy — a surgical cut to enlarge the vaginal area — that led to stitches and an infection. Afterwards, she had no sensation in her bladder.

Despite attending physiotherapy sessions to strengthen her pelvic floor, Jones recalls once standing up and feeling a gush of fluid. She began sobbing in front of her husband, mortified by the experience.

"Changing your daughter's diapers is fine, but do you want

to change your wife's diapers too?" the 34-year-old Ayr, Ont., teacher says, reflecting on the incident. "Your dignity is gone."

Eventually, sensation in her bladder returned and, with a lot of physiotherapy, some control returned as well. But after her second child was born, Jones' bladder problems came back with a vengeance. Coughing, sneezing, laughing, running — anything might cause a leak.

Living in constant fear of a bladder mishap, she went to a urogynecologist in Toronto, who told her she could have an OHIP-

covered procedure involving a mesh implant or try a pricey vaginal laser therapy treatment called IncontiLase that's not covered by OHIP but could, potentially, help Jones' leakage issues.

While female genital procedures have been on the rise in recent years, what's most often discussed are the cosmetic reasons — women wanting to trim the lips of their labia or reduce the side of their clitoral hood, for instance. Research studies and data show female genital surgery, for both cosmetic and medical reasons, is on the rise.

The increasing number of female genital cosmetic surgery procedures available to Canadian women include clitoral hood size reduction, perineoplasty, vaginoplasty, hymenoplasty, and G-spot augmentation.

In Jones' case, she opted for the IncontiLase procedure, and says the roughly \$2,500 cost was money well spent since it was largely pain-free. "That alone makes it so much better than having a surgical procedure where you have stitches and you're recovering for six weeks," she says.

For Jones, the laser procedure

has since been helpful in improving her bladder function, but she questions why it's not yet covered by OHIP.

"If you're having a breast reduction for cosmetic reasons, you pay for it, but if it's for medical reasons — OHIP pays for it. This is for quality of life," she says.

Her bladder function post-procedure isn't "perfect," she says, but a marked improvement, and she no longer has to worry about laughs or sneezes.

"I feel like I'm on the way to getting my life back," she says.

TORSTAR NEWS SERVICE



Kristin Jones suffered from post-childbirth incontinence. NAKITA KRUCKER/TORSTAR NEWS

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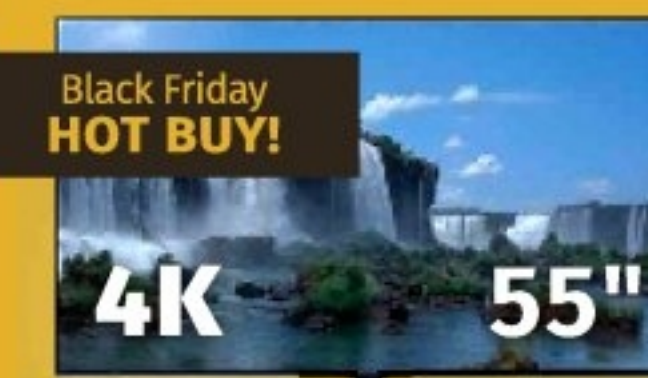
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Welcome to the age of prejuvenation



Dr. Cory Torgerson, a Toronto-based cosmetic plastic surgeon, said he's been seeing a trend of millennials coming in for preventative Botox. He started using Botox himself in his late 20s for the same reason. AZZURA LALANI/TORSTAR NEWS SERVICE

COSMETIC SURGERY

Hold the lines: millennials are turning to Botox earlier than ever

Some millennials keen on preserving their youth are turning to Botox to smooth away hints of creases on their faces before they become more pronounced.

A recent survey of American Academy of Facial Plastic and Reconstructive Surgery members reported a surge in patients under 30 getting "preventative Botox."

And it appears to be a broader trend. Toronto-based cosmetic plastic surgeon Cory Torgerson whose practice focuses on the face and neck said he's "definitely seeing" it.

"The (millennials) are cued in to preventative maintenance and are engaging in injectable cosmetic procedures more commonly in their 20s and 30s," said Torgerson.

In the U.S. survey, 64 per cent of members reported an increase in millennial patients getting injectable treatments or cosmetic

surgery. The American Society for Aesthetic Plastic Surgery reported that Botox treatments for people between the ages of 19 to 34 shot up by 41 per cent between 2011 and 2015. The trend doesn't surprise Candace Shaw, a Toronto-based feminist and cultural commentator.

"We have such an image driven culture, so I can see why a lot of people, especially people who grew up in a culture where we have the Internet, we have Facebook, we have Instagram, are responding by saying, 'well, I want to look my best and in this culture my best is not having wrinkles,'" she said.

Gina Bourne, a 31-year-old OCAD student who also works as an executive assistant, started getting Botox when she was 29.

"(At the time) nobody I knew was doing it," she said. "I had these lines between my eyebrows and on my forehead and I just had been feeling like I was looking a little tired for a while."

Bourne did some research and found Botox, one of three products that stop muscles from contracting, pulling on the skin and creating wrinkles, was preventative, so she kept the treatments up. She thinks she'll do it for the

rest of her life, she said, barring any advancements.

"I definitely feel that it's had a good result for me," she said. It feels smoothed out, said Bourne, adding she doesn't look tired and doesn't worry about going out without makeup on."

Dr. Sean Rice, a Toronto-based plastic and cosmetic surgeon, said many of his clients come in when they are "starting to see (wrinkles) and it's kind of freaking them out," he said, adding they use it as a prophylactic measure to "avoid getting wrinkles down the road."

It's not just the pre-creased millennial women who are smoothing the developing lines. Young men do too.

Torgerson estimates about 25 per cent of his millennial-age clients are men, while Rice says about 40 per cent of his are men.

Part of that is the greater pressure on women to look young.

"On the one hand it's a shame that people feel the pressure to take fairly invasive medical steps to avoid aging," said Shaw.

"But on the other hand I have to say, you know, I can't judge an individual for making a choice for what to do with their body."

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JOHANNA SCHNELLER
WHAT I'M WATCHING



One visit to Atlanta is just not enough, given the subtle tone and the ultra dry wit throughout the series. CONTRIBUTED

Atlanta is definitely worth a return trip

THE SHOW: Atlanta, Season 1, Episode 9
THE MOMENT: The playwright

Earn (Donald Glover) and Vanessa (Zazie Beetz), the mother of his daughter, attend a June-teenth party thrown by a rich, interracial couple. Vanessa is hoping to impress the wife, a black woman who wishes she were white. The white husband, who wishes he were black, is trying to impress Earn.

Earn hates it all: the vibe, which he likens to a "Spike Lee-directed Eyes Wide Shut." The centrepieces shaped like slave ships. The pretentious guests, including a woman playwright who touts her latest work, *With Tail Between Legs*.

"It takes place in a strip club," she trills. "Two gangbangers hold a pastor, a drug dealer and a pregnant teen hostage, in the middle of Hurricane Katrina."

"That's a real situation," Earn deadpans. "I'm glad that story is being told."

This is the third new series starring black characters who are navigating through largely white worlds (the other two are *Insecure* and *Queen Sugar*) and it's the most original.

Glover, who created and writes it, has absorbed a key lesson from his years on *Community*: you can pull off anything on television if you're fearless enough.

So Earn, a depressed Princeton dropout who's managing his rapper cousin, can spend one episode at a fundraiser with Justin Bieber (who in the world of this show is black) and another witnessing his Uber driver being shot by cops for dealing drugs and weapons.

The tone is so subtle and the wit so dry, each episode is better the second time you watch it.

Atlanta airs on FX Canada.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Gilmore the merrier for girls' comeback

NETFLIX

Lorelai, Rory and Co. return and serve up a slice of comfort

The familiar voices float softly from a black screen, as if in a dream.

There's Luke, gruffly: "How many cups have you had this morning?" And this parent-child banter: "Did you do something slutty?" Rory teasingly asks her mom. "I'm not THAT happy," shoots back Lorelai.

Thankfully, it's not imagined. It's the reality of *Gilmore Girls*, returning Friday after a nine-year absence, during which longtime fans pined for what they'd lost and newcomers discovered what they'd missed through reruns.

Opening-credit snippets of the show's hallmark dialogue kick off Netflix's sequel to the 2000-07 broadcast series with a promise: the characters, their snappy banter and the show's key notes will be honoured.

But the four-part *Gilmore Girls: A Year in the Life* is aimed at more than true believers, creator Amy Sherman-Palladino said in an interview.

"We want it to be something that fans know, but if you haven't watched *Gilmore* you can come to it fresh and take it on face value: It's a story of three women,



Lorelai and Rory Gilmore (Lauren Graham and Alexis Bledel) are back in our lives. NETFLIX

an intergenerational, multi-generational story, and you are catching them at times that each of their lives is changing."

That trio around which the universe rotates consists of devoted single mom Lorelai Gilmore (Lauren Graham), her equally devoted daughter Rory (Alexis Bledel) and stern grandmother Emily (Kelly Bishop). As the first chapter opens, Lorelai and Rory

are still the belles of fictional Connecticut hamlet Stars Hollow — so perfect, quips Lorelai, it belongs in a snow globe.

Luke (Scott Patterson), Lorelai's on-again, off-again love is here, as are the supporting characters who gave the show, well, character. That includes official town nudge Taylor (now lobbying for a sewer system); reliably idiosyncratic Kirk (he's just

The 90-minute episodes follow the seasons and are titled for each, starting with *Winter*. While Lorelai and Emily face Richard's death in their own way, they also find their relationship affected by it.

Rory's romantic past is a factor as all of her ex-boyfriends appear "one way or another," said Bledel. So is the character's journalism career, and while Bledel is aware

that her character's love life intrigues viewers, she'd like them to consider the complete young woman.

"There is so much more to her character that it's great when

people focus on those things, on her ambition and her accomplishments," the actress said.

Given that all the episodes will be made available at once on streaming service Netflix, Sherman-Palladino sees trouble on the horizon.

After holding close the four words she's long said should end the *Gilmore* saga (she wasn't in charge of the show's last season on the CW network), she wants viewers to avoid spoiling the experience, either by posting the phrase or by impatiently jumping to the final scene.

"It's going to mean a lot more if you've taken the journey, and it's going to mean a lot less if you just flip to the last page. ... It's a fun trip. It's worth it," she said.

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HEALTH AND WELLNESS

Nutritious eating trends for 2017

If naked eating, bugs, and healthy party food make your mouth water, then 2017 may be an exciting year. Here Nema McGlynn, registered dietitian at Loblaws, shares her predictions for five nutritious eating trends.

1. Alternative proteins: "Although meat isn't going anywhere, plant protein sources like nuts, seeds, beans, and grains are playing a greater role in our usual cooking repertoire. Insect-based foods like cricket protein powder and mealworm are popping up in grocery stores and are gaining a following with adventurous eaters looking for more sustainable



ISTOCK

protein sources," says McGlynn. A recent survey suggests that global demand for alternative proteins is set to double by 2024.

2. Back to basics: Nutritional information and food labelling are hot-button topics, resulting in more people taking an interest in the value of what they're eating. More of us are

looking for additive-free ingredient lists or simpler ingredient decks. Programs like Guiding Stars make it easy to gauge the nutritional value of products and will continue to be popular among time-strapped shoppers who may not know how to interpret nutrition tables.

3. Healthy entertaining: Nutritious food

is playing a greater role in the world of dinner parties and social occasions, but healthy entertaining will go beyond unabashedly serving nutritious meals to our guests. "Whether it's a post-workout snack with your running group or alcohol-free parties with other fitness-oriented friends, social eating is taking on a new face in this health-conscious era," says McGlynn.

4. Mindful eating and eating with purpose: Although we don't think Instagram culture is going anywhere, we're seeing greater attention paid not just to what people are eating, but how they're eating it. McGlynn predicts that slowing down during meal time, turning off Netflix, and really understanding our food and where it comes from will make us happier and healthier in 2017.

5. Naked eating: Raw and unprocessed foods look like they're going to be in vogue this year. We're seeing an upward trend in Google searches for the term "cold-pressed" and interest in foods like seaweed. It sounds like there's a lot of curiosity around cold-pressed juices, oils and coffee versus other juicing and oil extraction methods which heat up or blend the item.

REDUCE THE RISK OF FALLS WITH A TOTAL TUB INSTALLATION

Canadians might be surprised to learn that falls are the leading cause of injury in seniors aged 65 and over.

In fact, up to 80 per cent of those falls occur in the bathroom, says Manitoba-based Total Tub owner Brent Poole. Total Tub provides accessible living while specializing in the distribution and installation of bathroom safety and accessibility products.

"For some seniors, a routine shower might end up in bumps, bruises or even worse; a hospital trip," he says, adding the risk can be drastically reduced with a Total Tub installation.

"We supply bathroom products that allow for independent living for those with mobility issues and those products include benches, grab bars, railings, and the Quick-Tub shower conversion."

Total Tub is the only company in the industry that is completely code compliant and they are also licensed and authorized installers.

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Poole says the quickest, least expensive and least disruptive way to convert an



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existing bathtub into an accessible step-in shower with the ability to return to a secure and fully functional bathtub within seconds is the QuickTub Walk in Tub Conversion, which only costs around \$2,000 while many competitors often charge \$5,000.

"And everyone can benefit, not just seniors," he adds.

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But now, dental implants are becoming a more and more popular treatment option and for good reason as there are many benefits to choosing this method as opposed to dentures, according to Shine Dental owner Dr. Brent Wong.

"Dental implants have become the industry standard in tooth replacement therapy. Not only do they last the longest and promote proper oral health, they are the most cost

effective solution in the long run and it is the perfect long-term solution for missing or damaged teeth," he explains.

"Exchanging missing teeth with teeth that look great, feel comfortable and perform like genuine teeth may not only help you look younger and feel more attractive but can also enhance your overall quality of life. Implants can give you fresh confidence that could change the way you approach social situations and life in general. It's amazing, but a healthy, new smile and more relaxed attitude may actually improve your overall mood."

The life span of an implant is approximately

25 years or more and look nearly identical to your natural teeth, which is one of the many benefits but there are more, says Dr. Wong.

"One of the things people love the best is the fact you can eat better than with having dentures. Dentures make for unpredictable meal times, potentially embarrassing in social situations, but implants improve all aspects of eating," he adds.

While there are a variety of benefits, Dr. Wong says Shine Dental encourages patients to ask about the opportunity to use dental implants, which boast the highest

success rate out of any dental procedure.

For more information about Shine Dental implants, please visit shinedentalimplants.ca.



Taking the time to get to know their patients

Shine Dental may be a little unconventional but every change is thoroughly researched with the best interest of its patients, community and environment.

In fact, most of Shine Dental's patients choose them because they are so different, says owner and dentist Dr. Wong.

"At Shine Dental, we love our patients. Our main goal is to spend time with our patients and get to know them and their story. We want to understand their concerns and take the time to educate them on the options available for their individual needs," he explains.

The treatment recommended to patients by Shine Dental depends on each person's in-

dividual condition. As a result, each treatment will be carefully customized after thorough diagnosis.

That's why it's important to Shine Dental to offer its "Our Smile Guarantee" to each and every patient.

"At Shine Dental, we believe that together we will achieve the smile you have always wanted. As a result, we offer all patients a limited dental warranty for the investment you have made in preserving your oral health. We're confident in our workmanship, and we will stand by the work that we provide."

Shine Dental's entire team believes it's necessary to compassionately give back to

the community and communities abroad. In 2005, Dr. Wong and his wife Wendy started the Shine the Light Initiative which brings dental, medical and home building aid to impoverished communities. Since then, they have completed more than 30 missions around the world.

"I've come to realize that the most important things in life aren't things and I believe that time, compassion and understanding should be the basis of all human interactions. That's how we treat our patients, too."

Shine Dental has two locations to choose from, with the main office located on Provencher and the downtown office on Main Street, which is also home to the dental implant centre.

Award-winning Shine Dental

Shine Dental loves its patients and its patients feel the same way.

Winnipeg's Shine Dental has been chosen six years in a row by the Consumer Choice Awards and also received the 2016 Metro Choice Award as Top Dentist and the 2016 Manitoba Filipino Business Council Award for contribution to the community.

"We aim to give you the tooth truth, no matter how long it takes. We pride ourselves in taking whatever time is necessary for you to understand all of your options so that you can decide which option is best for your specific situation," Shine Dental's Dr. Brent Wong says.



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Accessible units on the market, affordable for aging in place

There's a transformation happening in the West end and it's not just about the location.

Edgecorp Development is currently building a new condo project dubbed The Icon on Portage, which is set to add much needed affordable accessible units into the market, according to Marnie Courage, who is the director of Enabling Access, Marnie Courage.

"This project is much needed because there is currently an accessible housing crisis in this province and it's described that way because there are a lot of individuals and families looking for accessible options that are also affordable," Courage says.

"Specifically, we're not just talking about the aging population because there are aging solutions but we're also talking about people with disabilities that need accessible options that are affordable."

Courage is praising Edgecorp for developing a project that caters to this population while giving people an affordable place to live that is aesthetically pleasing in a desirable location.

"Folks with disabilities only have limited

options when choosing a home and that's why this is a really important piece to the solution in terms of providing homes that are affordable and in geographical locations where people want them."

There are two different Accessible floorplans to choose from and eight units in total available in The Icon, which is expected to be complete by next winter, according to Edgecorp Development president Keith Merkel.

"We wanted to appeal to a wide range of purchasers so we wanted to provide different suite options that would allow purchasers to live in a beautiful home in a community they love at prices they can afford. Our building offers a unique opportunity for someone in need of an accessible residence that they can own," Merkel says.

"The units also provide an opportunity for those who want to age in place. Some people may be fine today but something can arise as they age. By purchasing one of the accessible units, you can age in place with peace of mind that you'll never have to move."

For more information about The Icon on Portage, please visit theicononportage.com.



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Canadian opera group The Tenors will perform the anthem at the Grey Cup without controversial "All Lives Matter" ex-member Remigio Pereira



Canadian rookie earns his first win in a playoff

PGA TOUR

Hughes caps wire-to-wire victory with unlikely finish

Mackenzie Hughes figured he was down to his last chance to stay alive in a four-man playoff Monday morning in the RSM Classic.

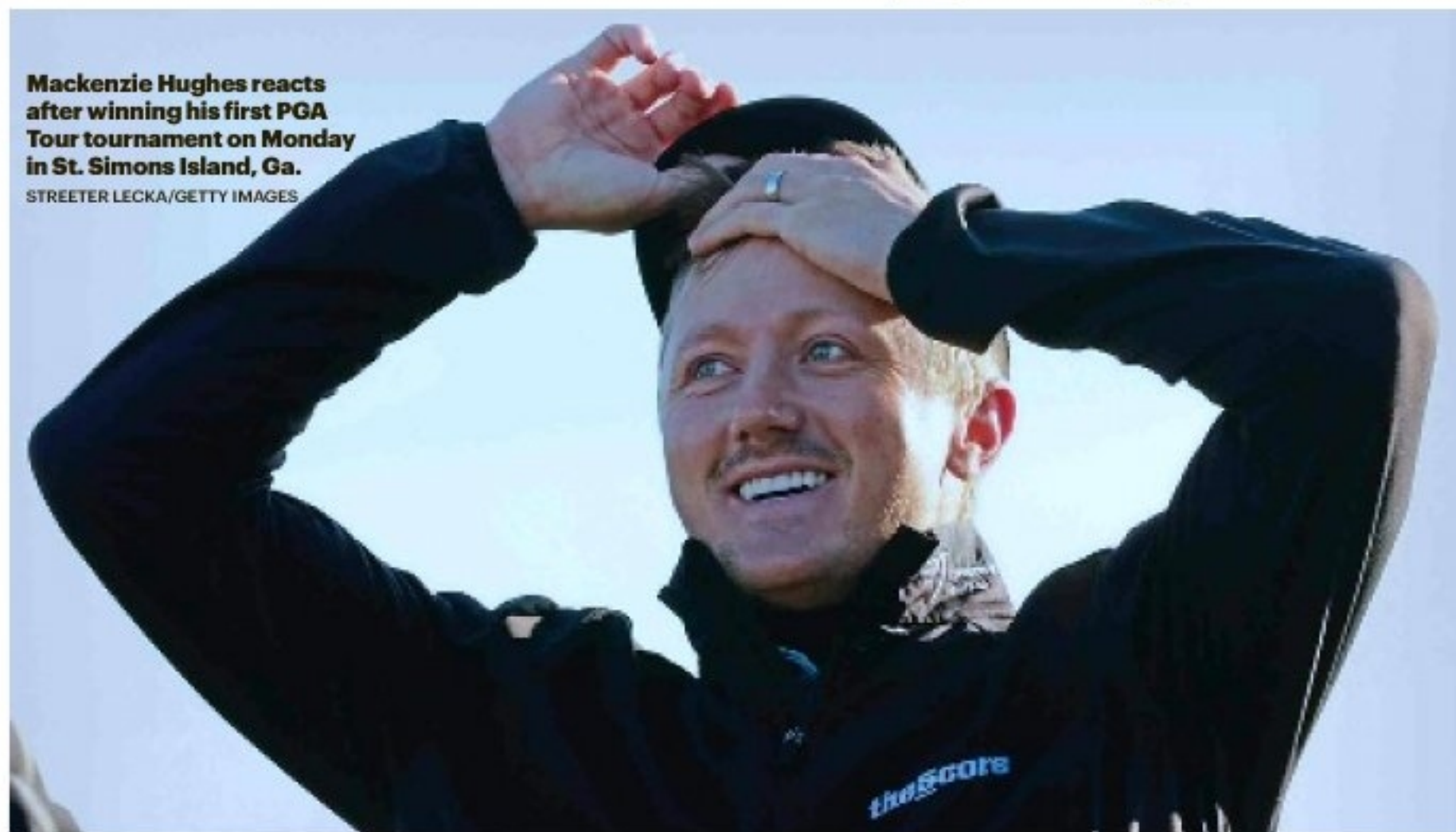
The Canadian rookie with pluck and a pure putting stroke poured in an 18-foot par putt from off the 17th green at Sea Island, and that last chance turned into his first PGA Tour victory when the other three players all missed from 10 feet or closer.

"I made the putt of my life right there," Hughes said.

Hughes, from Dundas, Ont., calmed his nerves and came up clutch in the morning chill, becoming the first PGA Tour rookie in 20 years to go wire-to-wire for his first victory. The final day of a long year on the PGA Tour brought a most unlikely finish.

Hughes had a chance to end it Sunday until his 10-foot birdie putt in the dark on the 18th hole turned away. The next morning, he was the only player who was never on the green at the par-3 17th until his ball was in the cup.

Blayne Barber, Henrik Norlander and Camilo Villegas narrowly missed their par putts to extend the playoff.



Mackenzie Hughes reacts after winning his first PGA Tour tournament on Monday in St. Simons Island, Ga.
STREETER LECKA/GETTY IMAGES

Hughes was watching from off the green, and the prospect of winning became more real with each putt that missed — first Barber, then Norlander. And when Villegas missed his seven-footer, Hughes dropped his putter, turned his back on the green and knocked off his cap as he rubbed his head in disbelief.

"If I didn't make, I thought I

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The win netted Hughes \$1.08 million US.

was probably out," Hughes said. "Before I hit it, the thought was, 'Just make them think about it.' Put this putt in first, and if you

can be the first guy in, put the pressure back on them. And that's what happened."

The victory sends the 25-year-old to the Masters. One of his most vivid golf memories as a kid was watching Mike Weir win the green jacket in 2003.

"He was texting me last night a little bit," Hughes said. "It's pretty cool to have a guy like that to lean on for advice."

The last rookie to go wire-to-wire for his first win was Tim Herron at the 1996 Honda Classic. Hughes started this week with a 61, and he led after every round until he was posing with tournament host Davis Love III with the trophy.

Hughes, who closed with a 69 and finished at 17-under 265, capped a memorable fall season.

THE ASSOCIATED PRESS

NHL

Laine's start mirrors Ovie's

How do Patrik Laine's dazzling first 21 games stack up against Alex Ovechkin, the superstar goal-scorer he's long been compared to?

Pretty favourably actually.

Starting his NHL career in the 2005-06 season, Ovechkin surged out of the gate with 15 goals and 22 points in his first 21 games with Washington, while firing 111 shots on goal. At the same stage of his rookie year with Winnipeg, Laine has 12 goals and 18 points, if managing a more tidy 57 shots.

Ovechkin would eventually beat out Sidney Crosby for the Calder Trophy in 2006, finishing with 52 goals and 106 points. The Russian star is now the grizzled 31-year-old captain of the Capitals and easily the greatest scorer of his generation and one of the best all-time.

Over the stretch of 12-plus years since he entered the league, Ovechkin has 171 more goals than his next closest competitor (Jarome Iginla).

Laine has a long way to go to reach those heights, but he's on the right track in the earliest stages of his highly touted NHL career. THE CANADIAN PRESS



Alex Ovechkin
GETTY IMAGES

RUGBY

Canada set to clash with No. 1 Kiwis

Canada has named an unchanged starting 15 to face New Zealand on Wednesday in Dublin in a showdown of the top two women's rugby teams in the world.

The Black Ferns are ranked No. 1 in the world while Canada reclaimed its No. 2 position in this week's rankings. The two teams are

slated to meet next August in the pool stage of the Women's Rugby World Cup.



We are not really impressed by the haka, to be honest.

Francois Ratier

Canada coach Francois Ratier has stuck with the same team that thumped fifth-ranked Ireland 48-7 on Saturday.

New Zealand is coming off a 25-20 win over England on Sunday. THE CANADIAN PRESS



IN BRIEF

Cardinals head coach Arians hospitalized

Arizona Cardinals head coach Bruce Arians was in the hospital Monday after feeling ill overnight, the team said.

The Cardinals issued a statement that said the 64-year-old coach was not feeling well Sunday night after returning home from Arizona's game in Minnesota and his wife took him to the hospital. All tests conducted so far had come back favourably, the team said. THE ASSOCIATED PRESS

BASEBALL HALL OF FAME

More stars tied to steroids on ballot

Steroids-tainted stars Manny Ramirez and Ivan Rodriguez are on baseball's Hall of Fame ballot for the first time along with Vladimir Guerrero.

Jeff Bagwell is the top holdover on the 2017 Baseball Writers' Association of America 34-player ballot announced Monday. He fell 15 votes short of the required 75 per cent in 2016 voting.

Ramirez was suspended for 50 games in 2009 while with the Los Angeles Dodgers for using a banned female fertility drug while Rodriguez was never disciplined for PEDs but former Texas teammate Jose Canseco alleged in a 2005 book that he injected the catcher with steroids.

THE ASSOCIATED PRESS

5

Roger Clemens and Barry Bonds are on the ballot for the fifth time.



Patrik Laine has 12 goals through 21 games.
BRUCE BENNETT/GETTY IMAGES

Stamps must ignore being huge favourites

GREY CUP

History taught Calgary that season record is meaningless

The Calgary Stampeders were a 12-6 team that lost to the host 9-9 Argonauts when the Grey Cup was last held in Toronto four years ago.

The message at McMahon Stadium on Monday morning was to turn a deaf ear to talk of being prohibitive favourites against the Ottawa Redblacks.

The Stampeders (15-2-1) and the Redblacks (8-9-1) clash in the 104th Grey Cup game Sunday at Toronto's BMO Field.

"You have all these people telling you you're great and you start buying into it and thinking that something is going to come easy," Stampeders quarterback Bo Levi Mitchell said.

"I was here in 2012 and we got our ass whupped by a 9-9



Bo Levi Mitchell celebrates Sunday night's win over the Lions.
TODD KOROL/THE CANADIAN PRESS

team. I'm not going to let that happen again."

The Stampeders retain a dozen players from the 2012 squad that fell 35-22 to the Argos.

Calgary also has 23 from the team that won the Grey Cup two years later with a 20-16 win over Hamilton in Vancouver.

So there's enough Stampeders seasoned in the hoopla of Grey Cup week to guide their less-experienced teammates through it when they arrive Tuesday in Toronto.

"It's a big week. It's bigger than you. It's bigger than football," said 10-year Stampeders

running back Rob Cote.

"But then it all comes down to one game and what you do in those days leading up to it, preparing, working, getting ready to go out and win one football game that kind of leaves a legacy."

Defensive back Josh Bell says Calgary will strike the right balance of seriousness and fun in the days leading up to Sunday. "We have a good combination of, almost like a mullet: business in the front, party in the back," he said.

The Redblacks boast more recent Grey Cup experience having lost 26-20 to the Edmonton Eskimos last year in Winnipeg. Quarterback Henry Burris, a Stampeders player for 10 seasons and a Grey Cup winner with Calgary in 2008, will be behind centre for Ottawa against his former team.

"Henry is one of my good friends," Stampeders defensive end Charleston Hughes said. "I intend on sacking him at least once in this Grey Cup."

THE CANADIAN PRESS

COURT

Man charged with killing Stamps' Hicks

A preliminary hearing has been scheduled for the man charged in the shooting death of a Canadian Football League player last September. Nelson Tony Lugela was charged with second-degree murder in September after Mylan Hicks from the Calgary Stampeders died in a shooting outside a nightclub.

The 19-year-old appeared via video link in a brief appearance Monday, only saying "thank you" when the appearance ended. The

court scheduled a five-day preliminary hearing starting May 29.

Lugela will remain in custody unless he decides to seek bail. "There's no decision made as to when or if there will be a judicial interim release application," his lawyer, Alain Hepner, told reporters outside court.

He said it could take a month or longer before he is able to go through the disclosure documents which he described as "voluminous." THE CANADIAN PRESS

CFL IN BRIEF

Cup ticket sales on the rise

Grey Cup organizers are reporting a recent uptick in ticket sales for Sunday's CFL championship game and are confident a sellout crowd will be on hand to watch the Calgary Stampeders play the Ottawa Redblacks at BMO Field in Toronto.

The Toronto Argonauts reduced ticket prices for the game last month to an \$89 starting price with thousands more available for less than \$150. THE CANADIAN PRESS



A lot of those guys I'm still friends with.

Redblacks linebacker Taylor Reed who was released by the Stampeders after 10 games in 2016.

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RECIPE Pasta e Fagioli



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

This veggie-packed stoup (part soup, part stew: it's a thing!) is the perfect, healthy winter warmer.

Ready in: 35 minutes

Ingredients

- 1 Tbsp olive oil
- 1 onion diced
- 3 cloves of garlic minced
- 1 or 3 stalks of celery chopped
- 3 medium carrots sliced thinly
- 1 yellow or green zucchini, halved and then sliced
- 6 or so mushrooms cleaned and sliced
- 1 14 oz. can of cannellini beans
- 2 cups vegetable or chicken stock
- 1 x 28 oz. can of drained plum tomatoes
- 1 cup whole wheat tubetti pasta
- thyme and rosemary
- 1/2 cup grated parmesan

Directions

1. Sauté onion, garlic and celery in olive oil until they soften, about 3 minutes. Add carrots and cook 2 minutes before adding the zucchini and mushrooms. Let vegetables soften just a bit before adding the stock.

2. Drain the can of cannellini beans and scoop out about a third of a cup and roughly mash it. Put the mashed and unmashed beans into the pot and stir. Cover and simmer for 5 minutes.

3. Drain the tomatoes and add them, breaking them up with your spoon. Simmer for 5 minutes.

4. Add the cup of tubetti, a good pinch of thyme and rosemary and cook for 10 minutes. Add some salt and pepper to taste.

Serves 6

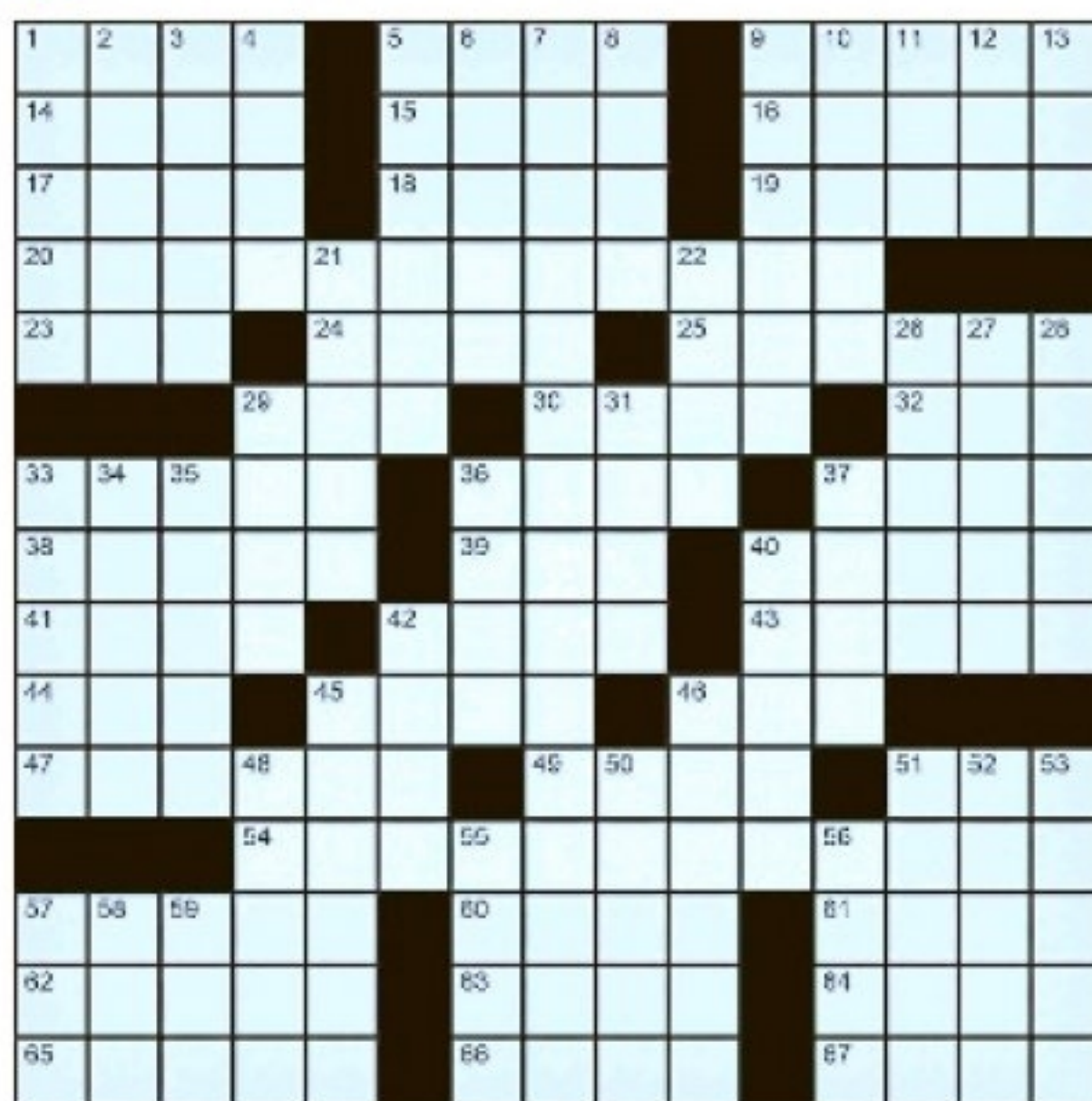
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Hollywood headliner
- ...fide (Authentic)
- Tightfisted
- ...down the runway
- "All By Myself" by ... Carmen
- Kitchen appliance
- "Step ..."
- Musicals lyricist Tim
- Boring tool
- Woodstock, New Brunswick born lead singer of April Wine; 2 wds.
- ...de deux
- ... Ration dog food
- ... balloon
- Break a Commandment
- Balanced
- Open with might
- Clean, clean, clean...
- Hearty meal
- Top-... washer
- Country singer Mr. Black
- Driver's 4x4, commonly
- Maison's entrance
- Military level
- Guitar bar
- Autumn flower
- Noah's creation
- Sense
- Lots of mins.
- Spice mixture of India
- Assist in wrong-doing



- Gent's title
- ... National Historic Site of Canada (Hudson's Bay Company installation built in 1833 in the Northwest Territories)
- Tony ... (Former British PM)
- Land-on-water

- Helix
- Baseball legend Yogi of famous quotes
- Nickel, for one
- Angela's mother on "Who's the Boss?"
- Desert transport
- Deep ... bends (Gym moves)
- Jumpy

DOWN

- Take big bold steps
- Ms. Roberts of "Charlie's Angels"
- Botanical leaf-to-stem angles
- Ancient temple ceremony, for one
- Candice of 1988 to

- 1998 comedy "Murphy Brown"
- The Hunter constellation
- Songstress of late-'70s chart-topper "Lotta Love" (Trivia! It was written by Neil Young); 2 wds.
- Perfected

- Colouring book colourer
- Regularly frequented hangout
- The Queen's lang.
- 'Foot' finisher
- 'P' in MPH
- Avoid, as an issue
- "Is it ever hot!"
- Towards the ship's left side
- Totally ticked
- ... Cup (Golf trophy)
- "You ... My Battleship!"
- Depilatory brand
- "Buzz off!"
- Santa ... California
- Sounds from the sties
- Certain
- Business write-off
- ... Quebecois (Political group in Quebec)
- "... Factor"
- Blooming
- Roch Voisine title song lady
- Burning
- Negate
- Hair accessory
- Cupcake topping
- Convey
- Foe in Fido's fur
- Highest point
- UK network
- Ms. Michele
- Strong-...

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You will enjoy travelling today. You also will enjoy studying something new. Discussions about politics, religion and racial issues will be positive. (How refreshing.)

Taurus April 21 - May 21
This is an excellent day to decide how to divide an inheritance or deal with shared property, taxes, debt and insurance issues. All parties will be upbeat and positive.

Gemini May 22 - June 21
Relations with partners and close friends will be positive and fun-loving today. People are willing to look for solutions instead of focusing on problems.

Cancer June 22 - July 23
Work-related travel is likely today. This also is an excellent day to propose an idea to co-workers, because they likely will endorse you.

Leo July 24 - Aug. 23
Enjoy playful activities with children today. This also is a great day for a vacation or social occasions. Even teaching children will be a positive experience.

Virgo Aug. 24 - Sept. 23
You feel encouraged about home improvements. In fact, family discussions will be particularly positive today. It's a good time to implement your ideas.

Libra Sept. 24 - Oct. 23
Whatever you do today, you will be ambitious and expansive with your plans and ideas. You're not afraid to think big, because you feel confident!

Scorpio Oct. 24 - Nov. 22
This is an excellent day for business and commerce. Whatever you initiate likely will create a profit for you today and in the future.

Sagittarius Nov. 23 - Dec. 21
You are eager to talk to others today because you have big ideas and you want to share them with someone. The force of your enthusiasm will make others agree with you, because nothing succeeds like success.

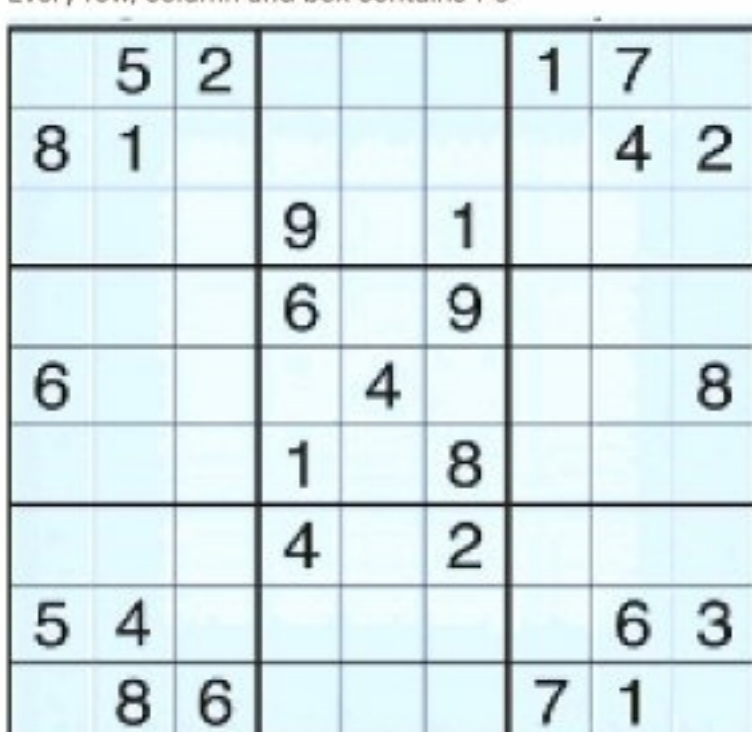
Capricorn Dec. 22 - Jan. 20
Behind-the-scenes research will go well today, because you are confident that you will find what you're looking for.

Aquarius Jan. 21 - Feb. 19
Conversations with young people will be upbeat today. If you talk to a group, people will quickly fall in line with your suggestions because you are confident and positive.

Pisces Feb. 20 - March 20
This is an excellent day to talk to bosses, parents and VIPs. Make your pitch and push your agenda, because people are in such a positive frame of mind today, they probably will say "yes."

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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HOLIDAY GIFT GUIDE

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Spend the holidays at The Forks Market

There's no doubt that December is a busy time – figuring out what to buy for loved ones, checking progress on your New Year's resolutions, and getting accustomed to driving to and from work in the dark. On the bright side, the change of season means there is an entirely new set of exciting things happening at The Forks.

Shopping local at The Forks Market

The Forks Market has plenty of great gift options for everyone, from kids to grandparents, and yogis to beer aficionados. The Forks Market's holiday gift guide highlights some of these great items, many of them locally produced. Check out Forks Trading Co. and Generation Green, where you're almost guaranteed to find the perfect gift for the special people on your list.

One of the best parts about shopping at The Forks Market – you can now walk around with a glass of wine or a cold craft beer from The Common in hand, be serenaded by the buskers, and stop in for a meal at the fantastic new Food Hall.

To kick off the season, they're hosting a Holiday Bazaar on Dec 1, from 5 p.m. to 9 p.m. You'll be able to shop pop-ups from local crafters, enjoy live music, get some custom script painting done by Kal Barteski.

If you're still stuck wandering around The Forks Market empty handed, questioning every gift decision, head to The Common or The Forks Market Office to pick up gift cards that can be used at most vendors and attractions at The Forks. That way, they can pick out whatever they'd like.

Taking time to relax and enjoy the season

The Common is one of the most exciting new additions to The Forks. The craft beer and



CONTRIBUTED

wine kiosk is hosting workshops where local artists and crafters come in to walk you through a project while you're chatting with friends at a long harvest table and enjoying a glass of Chardonnay. Check out The Forks' website for a listing of upcoming workshops.

Giving 2016 a send-off to remember

To finish off a great year, as always The Forks will be hosting Wawanesa Insurance Family New Year's Eve. There will be activities for the kids during the evening, fireworks at 8:00 p.m. and midnight, and concerts and DJs throughout the night. Oh, and The Common, will be open late for a whole new NYE party option.

For a full list of everything happening at The Forks these holidays, go to theforks.com/events.

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FRONTERA



Come spend the day in the historic Exchange District

Shopping local is more than just a trend, it's the norm, especially in places like Winnipeg's Exchange District. In a concentrated 20-square-blocks, there are more than 60 one-of-a-kind shops run by entrepreneurs and passionate business owners.


"Shopping in the Exchange District is special," said Karen Kornelsen, Marketing and Communications Coordinator at the Exchange District BIZ. "Instead of going to a mall or a big box store, you get to venture through a National Historic Site of Canada with amazing cut stone architecture and boutiques tucked

into beautiful terracotta-clad buildings. It really is an experience."

The Exchange is truly hyper local and full of unique shopping opportunities. At A Pinch of Creativity, you can find amazing clothing, jewelry, art and other wares from more than 35 local Winnipeg artisans. Plus, they have incredible workshops where you can learn art journaling, painting, how to make cards and so much more. At Lennard Taylor Boutique, you can check out his amazing award-winning clothing and at Sutton Smithworks you can buy handmade jewelry that is created just



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steps away from the displays, right in-store.

There's also magical stationary, gifts and stuff for your home at Tiny Feast. Tara Davis Studio Boutique offers incredible art, jewelry and local wares then at Hilary Druxman, you can find stunning handcrafted jewelry. For the kids, head over to Toad Hall Toys or West Coast Kids. Or if you're a fan of delicious handcrafted tea, head over to the friendly little tea shop and art gallery, The Amsterdam Tea Room. There's too many amazing unique stores to name them all but you get the point.

Another reason shopping the Exchange District is such a great experience is because it's more than just retail.

"You could spend the day shopping at our amazing shops plus have breakfast at Clementine, lunch at Chosabi and dinner at the Mitchell Block. You can get your hair done at Aveda Institute Winnipeg or at Berns & Black Salon, get pampered at Waterfront Massage, heal yourself at Shen Dao Acupuncture, check

out a show at the Rachel Browne Theatre or Centennial Concert Hall... then have a blissful sleep at Mere Hotel, located right next to Stephen Juba Park on Waterfront Drive."

Exchange is experiencing massive growth. It is now home to the highest concentration of art galleries, studios and artists than any other neighbourhood in Winnipeg. It is also home to Innovation Alley, Winnipeg's own Silicon Valley. The energy in the neighbourhood is vibrant with more residents and more community events than ever before, not just in Old Market Square, but throughout the District.

There's no better way to see it for yourself than Shop the Exchange which happens December 8 to 10. Shop local and experience in-store promotions, giveaways and extended hours at Exchange District shops and galleries. Supporting local business benefits our entire city so come see what the Exchange has to offer this holiday season.



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HOLIDAY GIFT GUIDE

Vegan gift sets featuring a luxurious hand crafted soap bar, nourishing lotion, and fizzing, foaming mini-gelato bubble scoops, \$30, SoGa Artisan Soaperie, 86 Albert St.



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Simply press the decanter on the top of an opened bottle of wine and flip it over so the wine pours into the decanter. \$111.95, Hut K, 200 Princess St.



Guaranteeing a perfectly brewed cup every time, this teapot will instantly become part of your daily tea drinking ritual, \$97.95, Hut K, 200 Princess St.



Vitruvi "Bedtime" blending kit with 5 essential oils and blending guide, \$58, Boutique Anya, 88 Albert St.





Spoil your loved one with these Baroque pearl and sterling silver earrings by Dawn Teasdale, \$145, Winnipeg Art Gallery, 300 Memorial Blvd.

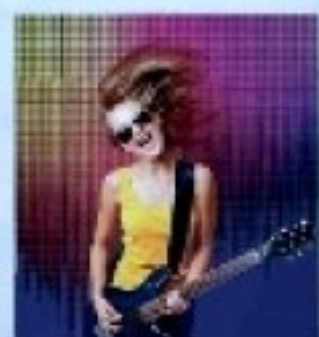


Do a little good with your gift-giving with these recycled fair trade alpaca scarves, \$35, Winnipeg Art Gallery, 300 Memorial Blvd.

Pamper yourself with the bestselling products from the Riverstone Signature Lemongrass Collection, \$166.88, 75 Forks Market.



Fuji Instax Mini 8 is easy to use and will brighten up every pic, \$79.99, Don's Photo, 1839 Main St.



Merx Bracelet from Appareo Fashion Boutique, \$29, 1 Lombard Place (Concourse Level).

HOLIDAY GIFT GUIDE

"Holiday Triple Play!" includes: Voucher redeemable for two "Club" Section tickets for any Regular Season Home Game in 2017, Two Snack Pack Vouchers redeemable for Hotdog, Chips, & Pop; Goldeyes Stocking, Goldeyes Red Mini Bat, Goldeyes Grass Print Logo Baseball. For a Value of \$60.00 with 40% savings, Winnipeg Goldeyes, (204) 956-3236



The Dromida HoverShot is the ultimate mini camera drone complete with a 2.4ghz remote for long-range control, \$139.99, Eliminator-RC Hobbies, 120 Higgins Ave



Custom order your personalized, hand-made glass ornament in time for the holidays, from \$25 to \$45, Bayshore Gifts in Glass, 1 Forks Market Road.

Need to slim down and upgrade your wallet? Buh bye butt-brick, hello world's greatest wallet, \$90, U.N. Luggage, 175 McDermot Ave.



Why not take the whole family out to the Wesmen Classic 50th Anniversary, one of Canada's biggest and longest running university and high school men's basketball tournaments. Event pass is \$25 each, at University of Winnipeg Duckworth Centre.

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GoldenEar's new SuperSub X was not only a standout performer at this year's CEDIA tradeshow demo, it was also an award winning product, garnering the prestigious CEPro Best Award from CE Pro Magazine, \$1,399 until Dec 31, American Hi-Fi, 329 Cumberland Ave.



Check out this 12-month 2017 Calendar of your favourite Winnipeg Jets players, \$14.99, Jets Gear, 300 Portage Ave.



In Codenames, two teams compete to see who can make contact with all of their agents first. Win or lose, it's fun to figure out the clues. \$25.99 Across The Board Game Cafe, 93 Albert street.



Ring in 2017 in the heart of the city

Imagine, if you will, nature's marvel that is the Northern Lights being able to cast a warm glow over you and your loved ones as you enjoy a fine meal and raise a glass to toast in the New Year.

Sounds wonderful, but a little chilly, don't ya think?

It won't be this year because the RBC Convention Centre is bringing the Northern Lights indoors for its New Year's Celebration, appropriately themed a Winter's Eve.

Carmyn Peppler, director of operations for event services for the convention centre, said this year's New Year's Eve party celebrates Winnipeg's winter season and provides an opportunity to enjoy it without the actual chill of the season.

The big party will be held in the convention centre's new City View room, which features two walls with floor to ceiling windows and an incredible view of Winnipeg's downtown.

"It's an opportunity to have a gala dinner in Winnipeg's winter outdoors," Peppler said.

The Northern Lights isn't the only outdoor fun they're bringing inside – five warming huts from the River Walk will be set up inside, where Peppler said they're building an entire Forks experience.

There's a silent auction that will benefit Siloam Mission and Peppler said they've partnered with VIA Rail and Frontiers North to provide a door prize of a trip to Churchill.



CONTRIBUTED

Entertainment will come courtesy of the Ron Paley Band and Folklorama talent.

If you want a more casual atmosphere then The Good Will is where you'll want to welcome in 2017.

General manager Tyler Sneesby said the social club's New Year's party will be in keeping with its year-round commitment to providing local performers a place to entertain.

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